

Amendment to the Abstract:

Please replace the Abstract with the amended Abstract as follows:

ABSTRACT OF DISCLOSURE

A method of disinfecting a contact lens ~~comprising is provided, including the~~ steps of: preparing a disinfecting liquid which contains water-dispersible fine particles of a titanium oxide dispersed in an aqueous medium; immersing the contact lens in the disinfecting liquid; and irradiating the disinfecting liquid in which the contact lens is immersed, with a light.